We claim:

1. Flashing jewelry comprising:
    A) an infrared emitter positioned to emit infrared light into tissue of a wearer,
    B) an infrared detector positioned to detect infrared light emanating from said tissue,
    C) a power source for said emitter and said detector,
    D) an electrical circuit for analyzing electrical signals from said detector to detect each beat of a wearers heart,
    E) at least two visible light emitters,
    F) a first trigger circuit for initiating electrical pulses to cause one of said visible light emitters to flash once for each heart beat,
    G) a pulse rate calculation means for calculating the wearer's pulse rate, and
    H) a second trigger circuit for initiating pulses to cause a second of said visible light emitters to flash once for each heart beat when said pulse rate exceeds a first predetermined rate.
2. Jewelry as in Claim 1 and further comprising a third trigger circuit for initiating pulses to cause a third of said at least two visible light emitters to flash once for each heart beat when said pulse rate exceeds a second predetermined rate.
3. Jewelry as in Claim 2 wherein said at least two visible light emitters are three visible light emitters emitting respectively red, green and blue light.
4. Jewelry as in Claim 1 wherein said jewelry is an earring.
5. Jewelry as in Claim 1 wherein said jewelry is a finger ring.
6. Jewelry as in Claim 1 wherein said jewelry is attached to skin of said wearer by a patch.
7. Jewelry as in Claim 1 wherein said jewelry is a patch in the shape of a heart.
8. Jewelry as in Claim 1 wherein said at least one visible light emitter is three visible light emitters.

9. Jewelry as in Claim 8 wherein said three visible light emitters are red green and blue emitters and said jewelry further comprises a means to determine heart rates of said wearer.
10. Jewelry as in Claim 9 wherein said red emitter is programmed to flash with each heart beat, said green emitter is programmed to flash with each heart beat when the heart rate of the wearer is in excess of a first threshold in excess of the wearer's rest heart rate and said blue emitter is programmed to flash with each heart beat when the heart rate of said wearer is in excess of a second threshold in excess of said first threshold.
11. Jewelry as in Claim 10 wherein said first threshold is at least 115 % of the wearer's resting heart rate and said second threshold is at least 130 % of wearer's resting heart rate.
12. Jewelry as in Claim 1 wherein said electric circuit comprises and ASIC circuit.
13. Jewelry as in Claim 1 wherein said electric circuit comprises surface mounted circuit.
14. Jewelry as in Claim 3 and further comprising a transmitter for transmitting a signal to an audio device to initiate a sound when one of said thresholds are exceeded.
15. Jewelry as in Claim 14 wherein said sound is church bells.
16. Jewelry as in Claim 1 wherein said power source is a battery unit positioned on the inside of an earlobe and connected through an earlobe to a circuit board comprising said infrared emitter, said infrared detector and said at least two visible light sources